

In association with

St John
Ambulance



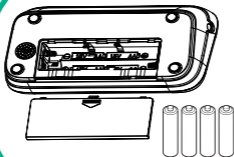

kinetik
WELLBEING

- Quick Start Guide -

TMB-2288-B

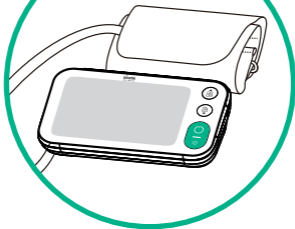
Smart Blood Pressure Monitor

1



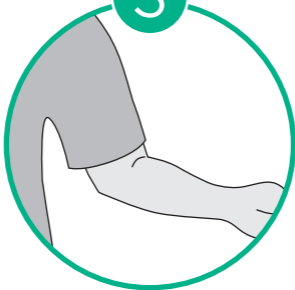
Unpack
Blood Pressure
Monitor and
insert batteries.

2



Plug the connector from cuff into the monitor on the left side.

3



Remove any
thick clothing
from your arm.

4



Sit in a relaxed position for 5 minutes.

5



Place your arm
resting on
a firm surface.

6



Wrap the cuff
on the left arm and
keep level with
your heart.

7



Press the
START button
to begin
measurement.

**For further help
contact us at**

Email

customercare@kinetikwellbeing.com

Live Chat

kinetikwellbeing.com



for more information visit :
kinetikwellbeing.com